



MYTHS ABOUT GRIEF

- **Grief lasts only a few weeks, several months at most**
- **Time heals all wounds**
- **If you have a strong faith, you shouldn't grieve**
- **Expressions of grief have no place in the public eye**
- **Getting and keeping busy is the best way to handle grief**
- **You should see the body in order to heal your grief**
- **A good cry is necessary once in awhile**
- **You need to move on with your life in order to get over grief**
- **Dwelling on the death and the deceased makes grief worse**
- **Children, especially young children do not understand death and therefore, don't grieve**
- **Children under the age of 6 should not participate in the funeral rituals**